



Replacing Limiting Beliefs

Overview

Let's now focus on one of the biggest things that can either block us, or propel us forward ...

And that comes from our fundamental beliefs ...

So, what are beliefs?

Beliefs are inherent truths that we hold on to, that help us make sense of the world we live in.

We all have beliefs that serve us well, and beliefs that don't.

It is very important to know that your behavior is a direct reflection of your beliefs ...

It's the beliefs that don't serve us well, the limiting beliefs, that create all the challenges in our life through poor or limiting behavior.

So, we really need to know this, learn to identify them, and replace old and useless beliefs with better life and success enhancing beliefs ...

... otherwise no real and lasting change will ever take place.

Ok, let's understand a little more about where our beliefs come from, where are they held and how we change them.

Beliefs are formed from two main things.

The first and most deeply entrenched beliefs were programmed into our brains from what people either told us or taught us from the ages of between zero and 6 to 8 years.

This came mostly from our primary nurturers such as our parents, early education, religion, society and so on.

At this time our brains are simply taking everything in without any filtering of what's going to be either good for us, or not as we get older, and as times change.

We're like one huge sponge soaking in everything we hear, feel and experience.

These inputs effectively create new neural connections and pathways in our brains ...

... and at the same time these new beliefs which are housed in the nonconscious mind.

Another way to think about it is that it's like dropping a series of new programs on to the clean hard drive of a new super computer.

The hard drive accepts the programs and accesses them to run the system without question.

If the programs are really effective and coordinate well then, the system runs at a high level of performance.

If the programs are poorly developed, have viruses and don't coordinate well, then the system runs poorly, or crashes often.

Ok, the second main way we form beliefs is through our constantly repeated negative thoughts.

The more we think about something in the same way the more it becomes a well formed neural pathway, and a new belief, something we now hold as being true.

It's important to remember something here.

Your nonconscious mind doesn't distinguish between what is right or wrong or good or bad ... it simply accepts as a belief what you constantly think about ... and even more so when its highly emotionally driven.

Keep in mind this as well, your nonconscious is also referred to as your emotional mind.

So, it gets way more impacted by consistent thoughts that are highly emotional charged.

This is why people get so impacted around things like a business set back, or any kind of crisis that adversely affects our lives.

Highly emotionally charged events like these are what creates more deeply held, and hard to shift beliefs.

And here's another very important thing to also remember, your behaviour, and what we experience is for the most part is a direct reflection of your thoughts and most especially your beliefs.

Why? Because it's your nonconscious mind that houses your beliefs ...

... and it's also your nonconscious that controls 96-98% of all your perception and behavior.

So, whatever the belief is you will automatically react in accord with it.

Ok, let's now take a hard look at a commonly held belief about a crisis situation.

Here we have been taught, more like programmed, to believe we need someone else in authority to bail us out ...

... someone like the Government

... the Politicians ...

... or the systems and rules.

Someone or something external that will come to our rescue.

We have been led to believe that we need to wait and hope they do the right thing.

But this rarely happens ...

Or perhaps there's beliefs that have us resort to the 'why me' mentality.

This 'victim' belief will never serve to shift you out of a crisis.

Beliefs like this have us relinquishing our responsibility ... to actively take back control and do what needs to be done to overcome a challenge.

The fact is we need to shift our beliefs to one of self reliance, to a powerful and positive belief in ourselves.

This is what masters of crisis management do ...

So, should you choose, and I mean really commit to creating new beliefs you will very soon discover your experience changes as well.

You will discover the 'real' truth.

And the real truth is this ... life 'was' meant to be easy, and opportunity is everywhere.

Right now, right this second, there is trillions of dollars changing hands across the planet.

Right now, there's billions that have been lost, or are lying around somewhere uncared for.

Did you know that Buckminster Fuller proved that if we distributed all the wealth available equally to every person on Earth, we would all be millionaires?

The fact is we all live on an infinitely abundant planet and universe with opportunities for us to grow, develop and be wealthy everywhere ...

... we just have to learn how to step up and take advantage of those opportunities and then, in energetic flow, attract all the abundance, wealth and success we desire.

However, without directly addressing, letting go of and replacing the limiting beliefs we have about our own power, and about turning any kind of crisis into an opportunity, we will continue to greatly limit our ability to enjoy the success and abundance we desire.

Doing this consciously only won't work.

That's why affirmations don't work unless matched by an aligning belief.

For example, when the conscious mind is trying to deal with a crisis rationally and overcome it, the nonconscious limiting belief is in direct opposition.

It is the nonconscious that will win every time.

That's why we first need to understand what limiting beliefs you have around any kind of set back, where they came from and how to replace them in the nonconscious mind with new and better beliefs before any real change is going to happen.

So how do we do that?

It is as simple as observing your behavior around the crisis event or observing your deeply held thoughts about what is not going well.

Your behavior will signal your belief ... just as your doubts will signal your beliefs.

From that observation identify that specific belief, and where it came from.

Mostly likely it will be from some event or teaching in your childhood.

Let's say you identify the belief as this ...

"I can't believe this is happening to me again ... why me?"

Then this is the process that will best help you to shift out of that belief and into a new and better growth and progression belief ...

First, reframe the limiting belief consciously from ...

"I can't believe this is happening to me again ... why me?" to

"These things happen, let me think about how this happened, and why, and develop and execute a plan to take us to where we want to be."

Then use a simple meditation technique to remove the limiting belief ... and replace it.

Find a quiet place where you won't be disturbed.

Get comfortable, close your eyes and totally relax through deep breathing.

Now focus on the negative belief and where you feel it inside your body.

There will always be a physical sensation somewhere ... like a pain in your heart, or a tightness of your stomach.

Identify exactly where this belief resides.

Now see it and feel it.

Then focus your mind on creating a bright white light of pure energy above your head.

Once well established move that energy down and concentrate it on where the limiting belief resides.

Bathe that limiting belief in pure white light and see it dissipate ... literally disappearing before your eyes.

Say out loud, "Goodbye to you, I no longer need you, you are now gone from me and will never return."

Once done that belief will be gone, feel it gone ... know how it feels with it gone.

Now image your new belief and see it moving into that place.

Feel how powerful and positive it is.

Feel how it's absolutely true and real right now.

Bathe it in the pure white light and see it glowing ... growing ... becoming stronger and even more real as a result.

Now slowly open your eyes and feel the new belief is a part of you. Integrated into your very DNA.

Now that new belief needs to be reinforced every morning when you wake, and every evening just before you go to sleep.

Say it out loud to yourself 7 times and while doing so feel it to be real and true right now.

Really feel what it like to be living that belief.

This process you can do with every limiting belief you identify.

But do them just one at a time and give yourself at least 21 days to integrate the new belief before taking on another.

Remember remarkable leaders don't have anything causing internal disharmony to their intentions of turning a crisis into the opportunity of creating massive abundance and prosperity.

The approach outlined here to clean away the limiting beliefs is a very big step to rediscovering your own personal power to overcome any crisis of any kind.